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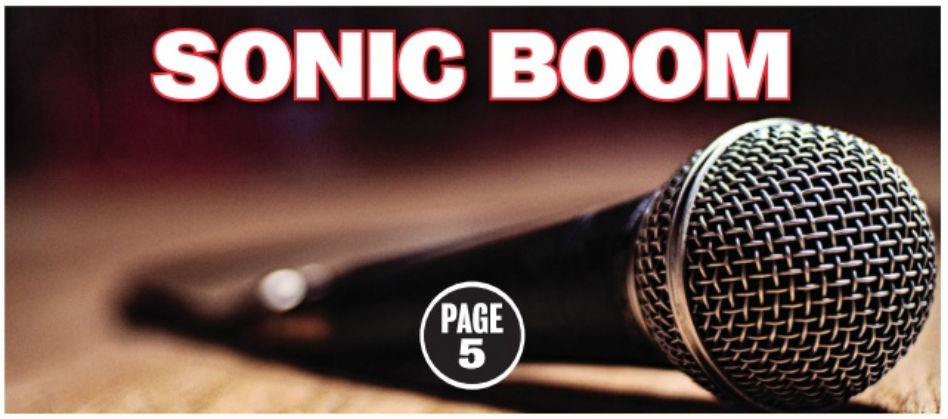
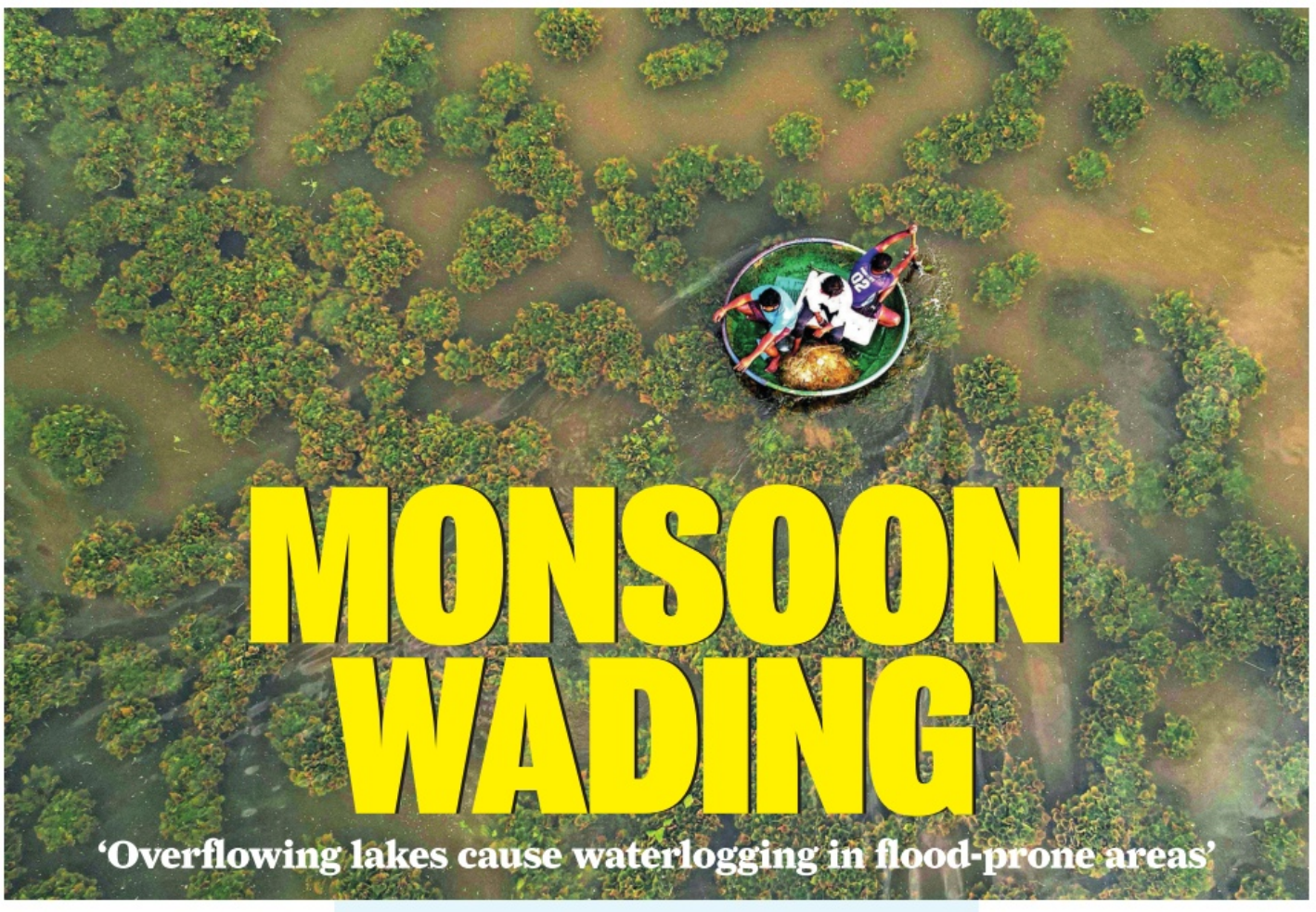
Bangalore Mirror

TEMP Max 28 | Min 21 | Humidity 83% Partly cloudy Sensex 52,793 | Nifty 15,782 | Gold 49,909 | Silver 59,382 | Dollar 77.49 | Euro 80.68 | GBP 95.04



Amid mounting criticism that waterbodies are turning 'soup bowls', experts question monsoon-readiness of city lakes



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With the monsoon brewing along the peninsula and expected to hit the Kerala coast as early as May 27, lake conservationists and activists BM spoke to said Bengaluru's lakes are not prepared to receive rainfall-runoff this monsoon season too.

> **"A lake's littoral, limnetic and profundal zones should be intact for a healthy ecosystem. We should look at lakes as rainwater harvesting systems and flood mitigation zones.** — V Ramprasad, Friends of Lakes

The Doddakallasandra Lake Protection Committee is one such group that has requested the authorities to take measures for proper watershed management and rainwater harvesting at the lake. They said the drains of roads adjoining the lake are full of silt and trash, which will not allow the rainwater to reach the lake.

"Monsoon is just around the corner and the drains of four roads linked to Doddakallasandra Lake are full of silt and trash. We have been reaching out to the BBMP to act immediately and take measures so that rainwater can be directed towards the lake. We need to ensure all the drains in the area are properly constructed, revived and are free of silt," said Raghavendra B Pachhapur, a committee member.

Members said they have been reaching out to the authorities

CONTINUED ON PAGE 4 »

Bird Men of B'luru

Perching is a basic necessity for birds for resting, drying their feathers and preening

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A group of volunteers from Seegahali, Battarahalli and other areas are busy setting up bird perches at Bengaluru's waterbodies. The same group of volunteers are also known for planting saplings, watering them regularly, and tending to the flora along the waterbodies in east Bengaluru and Mahadevapura.

Though most of the lakes are either rejuvenated or being rejuvenated by the Bruhat Bengaluru Mahanagara Palike (BBMP), there are not many trees for birds to perch, especially for the waders and shorebirds, at some of the lakes.

"We have created bird perch stands at 13 lakes in and around KR Puram and Mahadevapura. We are planning to create bird perch stands at other waterbodies too. Birds have no place to perch. Most of the lakes look like soup bowls and have no place for trees," said Balaji Raghotham, a lake volunteer.

Raghotham was awarded a certificate of recognition by the not-for-profit United Way Bengaluru for his valuable contribution towards conservation, and for creating bird perches at the Seegehalli Lake.

"I am planning to install stone perch stands instead of wooden perches at

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Infinite library

City Scripts: An Urban Writings Festival is a three-day annual public festival hosted by the Indian Institute for Human Settlements (IIHS). At the event, the Goethe-Institut / Max Mueller Bhavan Bangalore, will present THE INFINITE LIBRARY: A Virtual Reality Installation.
Where: Indian Institute of Human Settlements (IIHS), 16th Cross Rd, Sadashiva Nagar
When: May 20-22 10am to 7pm Entry is free

02 Filmophiles welcome

A Media & Arts Collective in collaboration with Men Against Violence and Abuse (MAVA) to present Samabhav, an international travelling film festival on gender diversity and inclusion. Around 13 national and international films will be screened. **When: May 20, 21 10 am -5.30 pm**
Where: Jain (Deemed-to-be University), auditorium, Jayanagar

03 Flea market

A 2-day Eco Flea Festival at Indiranagar Social, featuring sustainable brands' market, thrift, tattoos and tarot and a bunch of super cool workshops.
Where: Indiranagar Social, HAL 3rd Stage, Indiranagar; When: May 21, 22, 12 to 7 pm

Menstrual cups have not quite caught on

Only 0.3% women in State use this eco-friendly device when they get their period

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According to the National Family Health Survey 2019-21, only 0.3% of women in Karnataka in the age group 15-24 use menstrual cups during their periods.

Moreover, as per the report, the number of women reaching out to this sustainable sanitary ware at the country level is also abysmal.

While a menstrual cup is eco-friendly and comfortable to use across all age groups, health experts say they are safe too.

"Menstrual cup is a bell-shaped device made of high-grade medical silica that is used during menstruation. No increased infection risk (reproductive tract systemic infection) is associated with the use of a menstrual cup. Moreover, no adverse side effects and abnormalities have been associated with its use so far," said Dr. Shanthala Thuppanna, head of obstetrics and gynecology, Sakra World Hospital.

Experts say that sanitary pads are not just bad for the environment, they, over time, become heavy on pockets too. Almost all sanitary pads contain super-absorbent polymers (SAP), which don't decompose and can contaminate soil, water and air.

"While menstrual cups are eco-friendly, reusable, and durable compared to sanitary napkins, they can reduce the cost one has to bear during the menstrual period too," said Dr. N Sapna Lulla, Lead Consultant - Obstetrics & Gynaecology, Aster CMI Hospital.

Experts point out that menstrual cups are portable and easy to carry in a bag and can be used even while travelling

According to health experts, while there are few known side effects of menstrual cups, women with severe clinical uterine prolapse are advised not to use one. Doctors say those with cervical or vaginal prolapse after childbirth may find it uncomfortable to use.

"They are completely safe and considered one of the best devices to use. Studies conducted across sub-Saharan Africa have shown that the use of menstrual cups could prevent physical and social discomfort during menstruation and related school absenteeism and drop-outs," Dr. Thuppanna.

> **"Menstrual cups are eco-friendly, resusable and can reduce the cost one has to bear during the period**
> – Dr Sapna Lulla, Aster CMI

According to Dr. Hemanandini Jayaraman of Manipal Hospital, any new concept takes time for acceptance especially when there is a low level of awareness about it. "People have too many doubts about the safety of inserting the unknown into the body cavity. It can only be messy if the incorrect size is purchased, has undergone vaginal surgery or has a raw wound. Not many women, even married ones, are comfortable with handling their private areas. Inserting initially and removing to drain, clean and insert may be messy, but later it is very easy," said Dr. Jayaraman.

Experts say the option will grow in popularity over a period once accepted by people as a regular mode of menstrual hygiene.

"It will get popularised with time and will remain in the market just like people adopted sanitary pads over the cloth. It is portable and extremely comfortable to carry in a bag and is reusable. It can be comfortably used during sports, trekking, or routine activities," added Dr Jayaraman.

Schools open, time to bridge the gap

Govt schools will have a bridge course to help students; mid-day meals & bus passes back

This year, all schools are not opening at the same time. Many Government and aided schools are set to start classes from Monday (which is a fortnight earlier than the regular academic year) while private unaided schools have decided to reopen from May 23 onwards in phases for different grades.

Primary and Secondary Education Minister BC Nagesh said that the government schools will start with the Kalika Chetarike programme.

This programme will act as a bridge course as many students missed school learning due to Covid pandemic. While mid-day meals programme will start, both BMTC and KSRTC have announced they would allow students with previous year's bus pass.

> **"We now need to reevaluate the basics and provide basic refresher courses** – Aloysius D'mello, Greenwood High International School

Many school managements said that it will be a tough job for students to return to regular schooling after the long breaks. Shubhra Johri Sinha (Head of School, Ekya Byrathi) said, "It's hard for adults and kids to get back into the swing of things after a long vacation. We understand that there are many kinds of losses that students may have experienced over this time; students may not feel able to learn at the same pace as they have done before and may show disruptive behaviour. On the other hand, some others may be anxious to start learning again and make sure they are making up for the lost time. Youngsters respond in different ways to challenging experiences."

Aloysius D'mello (Principal, Greenwood High International School) added that teaching in school must accommodate the fact that children have not been in school for most of two years. "We now need to reevaluate the basics of students and provide basic refresher courses for classes spent in online education up to their current grade level.

We also need to look at reshaping curriculum and pedagogy to emphasise on foundational learning and skills. The two pandemic years should be seen as special years and students should be provided with additional attention," D'mello said.

Kalika Chetarike

Many government school teachers are being trained for the 'Kalika Chetarike' programme. Students from grades one to nine have to study subjects of the last two years also. A handbook has been prepared for the teachers who train students.

The learning materials were prepared with essential learning outcomes and the learning needs of the present class. This is prepared in consultation with the coordination teachers' associations and educational trusts.

— Prakash VL

Pray, what possesses the parking ticket machines?

BM tries to find out the story behind possession notices pasted on few machines on MG Road

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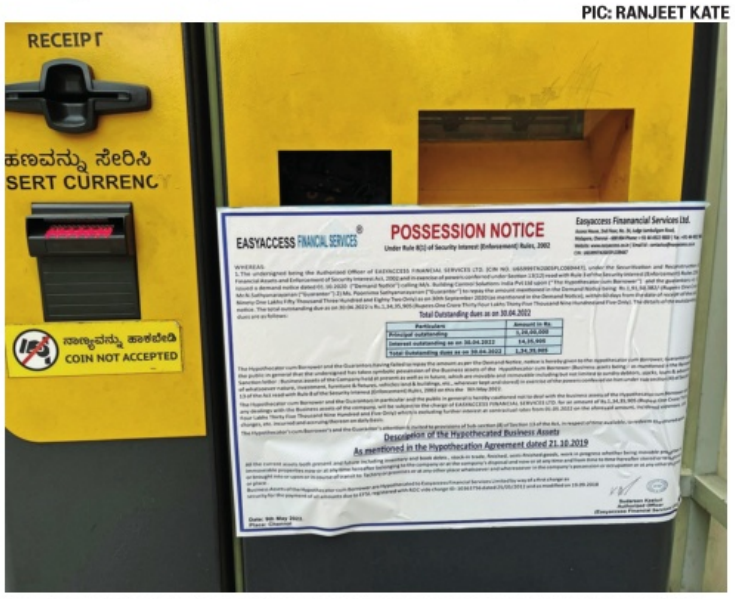
PIC: RANJEET KATE



Possession notice pasted on one of the smart parking ticket machines

Are you one of those using smart parking ticket machines to pay the fee for parking your vehicle on any of the roads in Central Business District? If so, just be warned that there is chance these machines may become defunct or disappear from the area. It is no supernatural phenomenon, just a very human thing called loan repayment.

Many people who visited MG Road on Friday were shocked to see a copy of possession notice pasted on the smart parking ticket machines. The notice was from Easyaccess Financial Services announcing that it was taking symbolic possession of the business assets of hypothecator cum borrower – Building Control Solutions India Private Limited – and guarantors - N Satyanarayanan and Poornima Satyanarayanan as they have failed to repay the amount of Rs 1,34,35,905 as per the Demand Notice dated on April 30, 2022.

The possession notice issued on May 9, 2022 cautioned the hypothecator cum borrower and the guarantors in particular and the public in general not to deal with the business assets of hypothecator cum borrower as any dealings with the business assets of the company would be subject to the charge of Easyaccess Financial Services Ltd for amount of Rs 1,34,35,905 which is excluding further interest at contractual rates from May 1, 2022.

The possession notice also stated that business assets of the borrower are hypothecated to Easyaccess Financial Services Limited by way of a first charge as security for the payment of all amounts due to EFSL.

When this correspondent visited one of the smart parking ticket machines the person appointed by Namma Bengaluru Smart Parking (NBSP), feigned ignorance on the notice.

"I was out for lunch when the notice was pasted on the machine. I informed the assistant manager about the notice being pasted. I do not know who removed it," said Rahul, who manages the machine on MG Road. He also tried to click the picture of this correspondent stating that he was merely following the direction of the Customer Relations Manager.

Meanwhile, Chandrasekhar alias Chandru, assistant manager, told BM that he has already informed Namma Bengaluru Smart Parking Office located in Indiranagar. He advised this correspondent to contact Customer Relations Manager Preethi S for more information. "I do not know much about the possession certificate. Our people will get back to you," Preethi S said when contacted.

N Sathyanarayanan, one of the guarantors for the loan, spoke to this correspondent over the phone from Chennai. He said that all the financial matters or issues were already resolved.

"It is true that we have availed the loan from Easyaccess Financial Services Private Limited. We have repaid the amount and all the financial disputes are resolved," said Satyanarayanan.

Not height, it is age that decides who gets a half-ticket bus ride

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How do you determine a 'half ticket'? Well, if your child is travelling in a Metro train, it is decided based on the child's height. But, if you are taking the bus, it is determined based on age. The Karnataka State Road Transport Corporation (KSRTC) has clarified this, following many complaints that conductors were giving out tickets to children based on height and not their age.

A few days ago Kalavathi was travelling in a KSRTC bus from Kengeri to Ramangar along with her five-year old niece. The conductor issued full tickets to both. When Kalavathi took exception to this stating that her niece was just five, the conductor took her to a height gauge in the bus and said the girl was taller than three feet and hence had to pay full ticket. When Kalavathi called up seniors in the KSRTC, many were clueless and claimed that the height rule was practised. However, on Sunday, KSRTC officials clarified that it was the age rule that they follow.

A KSRTC official told Mirror, "The half ticket issue was resulting in verbal duels between conductors and parents. Many parents lie about the age to be allowed free travel. As conductors have no way of verifying age, we issued a circular in October last year. As per this, a height gauging indicator was painted in buses. If the parents are able to give any document to support the age, then there is no need to check the height of the child. If there is any difference of opinion between parents and conductor, then a height indicator could be used. It is not necessary to use a height indicator for all the kids. As there was confusion over the age, we had to reiterate that the earlier circular still holds good." As per the circular, kids below the age of six need not buy tickets. Half ticket will be issued to kids between the age of six to 12 and beyond 12, it is a full ticket.

In case of Metro trains, any kid taller than three feet needs to buy a full ticket. But parents object to this. "The new generation is taller than the previous generations. Most of the kids in 2-3 year age group are taller than three feet. It is proven that due to good nutritional intake, kids are growing taller. So the height rule is archaic. It is time for the transport bodies to come up with new rules on determining the half ticket rather than the height rule," said Devika S, a parent.

MIRRORLIGHTS

People take part during the Majja run of the TCS World 10K Marathon at Kanteerava stadium in Bengaluru on Sunday

Fiance's death drives woman to suicide

In a tragic incident, a 22-year-old woman killed herself by consuming poison days after her fiancée had died in a road accident. Dhanush, 23, who was a cloth merchant in Bengaluru, had been to his hometown in Tumakuru to attend a village fair. While returning, he met with an accident at Nelamangala and died on the spot. Dhanush and Sushma had fallen in love a long time ago. Recently, both the families had agreed to their marriage. Sushma who had taken part in Dhanush's funeral was depressed and consumed poison on Saturday. Though her parents tried to get her treatment at many hospitals, she breathed her last.

Civil contractor who wrote to PM in dock

A civil contractor, who had written to Prime Minister Narendra Modi against the government officials demanding 40 per cent commission in public works, has been booked by the Gangavathi rural police for alleged criminal breach of trust. Based on a complaint from the executive officer of Karatgi Taluk Panchayat D Mohan, the police registered a case under section 406 of the IPC against Yerriswami Kuntoji on May 6. This came to light only recently. In the complaint, Mohan said the alleged irregularities took place from April 17, 2021 to June 17, 2021. Yerriswami's Vijayalakshmi Enterprises was assigned to supply material for the solid waste disposal unit in Mustur village under the Mahatma Gandhi National Rural Employment Guarantee Scheme. **PTI**

Call on rejig 'in 2 days'

Chief Minister Basavaraj Bommai on Sunday stated that a final decision on cabinet expansion would be taken after two days."We are occupied with the Legislative Council and Rajya Sabha elections. The core committee meeting has been conveyed only on Saturday. We will bring the decisions taken in the meeting to the high command and take a call on cabinet expansion," he explained.

Bommai maintained that the party high command will take a final call on allotting ticket to contest MLC polls in the state to BY Vijayendra, son of former CM BS Yediyurappa. **IANS**

Place on record: Each pothole accounted for

Citizens to survey areas, upload details of potholes on public platform

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Bengaluru Hudugaru were taking stock of potholes from Double Road–Richmond Circle on Sunday

A group of Bengaluru citizens have vowed to find a solution to the deadly pothole menace in the city. Volunteers plan on recording every pothole in the city and uploading it on a public platform to create transparency. Recently, the Bruhat Bengaluru Mahanagara Palike (BBMP) had ordered a fresh survey of potholes and geotagging them, which prompted the group to take up the onus on themselves.

The group will document every pothole in the city as they feel absence of public records on the number of potholes in the city is a hurdle to fixing the problem.

"We don't know how many potholes there are in Bengaluru. There is no complete survey of potholes in the city. BBMP claims that there are several potholes but it's not supported by any location or photographs in the public domain," said founder of Bengaluru Hudugaru, Vinod Kartavya. "Every Sunday, volunteers will go to different parts of the city and conduct a pothole survey. The survey will consist of taking a picture of the pothole along with geotagging. Volunteers will also note down the measurements of each pothole. The length, breadth and depth of each pothole will be made available on public platforms. Today, the team went from Double road to Lalbagh to Wildon Garden to Richmond Circle and back to Double Road for the survey," added Kartavya.

Distributed into 5 teams, 20 volunteers walked along the stretch looking for potholes. The survey was conducted today by the team across Double road, Lalbagh road, Shantinagar and Wilson Garden areas and documented 56 potholes in the stretch. The smallest pothole was found to be 15 x 15x 02 cm and the biggest was 737 x 190 x 08 cm.

> **"The survey will consist of taking a picture of the pothole along with geotagging**
> – Vinod Kartavya, Bengaluru Hudugaru

Further, these photos along with their geotag will be uploaded on social media platforms where they will be brought to the attention of the civic agencies. "We will be tagging BBMP Commissioner and BBMP office on all social media platforms. The geo-tag will allow officials to identify the potholes using the latitude-longitude and time," added Kartavya. In addition, the team will also send details to officials directly. "BBMP is also launching a new app 'Fix My Streets' to help citizens air complaints about potholes. We have taken contact numbers of locals from the area and will follow up about the status of the potholes," he added.

Though the team cannot assure when the survey will be completed, it will be conducted every week. Areas with maximum potholes will be identified and a survey will be conducted during weekends. "Once the potholes are fixed, a corresponding photo of the fixed pothole will also be uploaded," he added.

Due to the limitation of volunteers, the group has also launched a selfie challenge for the public where they can take a picture of the pothole with geotagging. If required, volunteers will go to the location and document potholes. With the oncoming monsoons, the group wants to attempt to fix as many potholes as possible and inadvertently save lives.

"If even after repeated efforts the potholes are not fixed, we will also undertake efforts to fix them as well. We want to save as many lives that could be lost due to pothole-related mishaps," he added.

How ready are lakes this monsoon

CONTINUED FROM PAGE 1

for the last seven months to get the drains cleared, but there has been no progress so far.

"The water from the lake was pumped out for BBMP's rejuvenation work. Currently, there is hardly any water left in the lake. The drains, if cleared, will help us regain the water level at the lake. We already got the drains connected for rainwater harvesting during the rejuvenation work. However, with so much silt and trash gathered now in the drains, it is impossible to harvest rainwater," said Vikram Sande, a resident.

According to lake activists in the city, none of the lakes in Bengaluru are ready to harvest rainwater. While some are already filled to the brim with treated water and have no sluice gates, others are not desilted to their original water holding capacity. Experts further stressed lakes should be designed with sluice gates so that the treated water can be let out and the waterbody has enough capacity to hold rainwater.

"Some of the lakes in Bengaluru and across Karnataka are filled with treated water all through the year. When the monsoon arrives, the lakes cannot hold rainwater. This leads to the runoff reaching the fields causing floods in flood-prone areas. We should look at lakes as rainwater harvesting systems and flood mitigation zones. However, the sluice gate feature is available only at Varthur Lake at the moment," said V Ramprasad, co-founder of Friends of Lakes.

According to the conservationists, the rainwater harvesting structures need to be part of the initial design and the blueprint shall be submitted prior to preparing the detailed project report (DPR) for lake restoration. Rainwater harvesting should be considered as a criterion while approving lake DPRs. Moreover, the lake should be desilted to its original water holding capacity.

"Lake rejuvenation work by the BBMP is not up to the mark when it comes to the original water holding capacity. Currently, the waterbodies are being desilted up to one and a half metres deep. However, we should bear in mind that these lakes were not desilted for years.

As per the NK Patil report, lakes have to be rejuvenated to their original water holding capacities. Moreover, as per limnologists who study the biological, chemical, and physical features of freshwater bodies, a lake should have all its three major zones — littoral, limnetic and profundal — intact for a healthy ecosystem to thrive. A soup bowl structure will not serve the purpose," added Ramprasad.

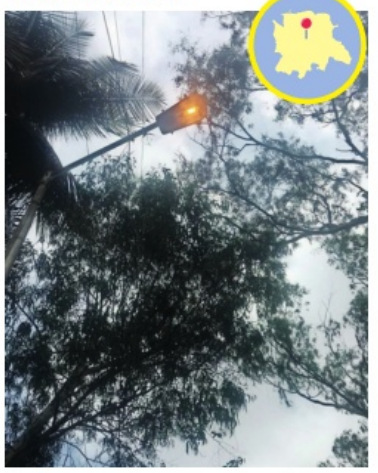
Activists also noted that urban watershed management in the city is not well planned and there are many flaws in the work done by various departments. They said there is a lack of single entity accountability, and every agency is busy passing the buck.

"The Jal Shakti ministry has set a precedent in this direction. It is high time the state, or at least Bengaluru, takes it up and formulates a single entity responsible for all water-related issues. While having sewage treatment plants (STPs) for every lake might sound like a good solution, lack of space is the biggest constraint," said a prominent city-based lake activist.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Switch off

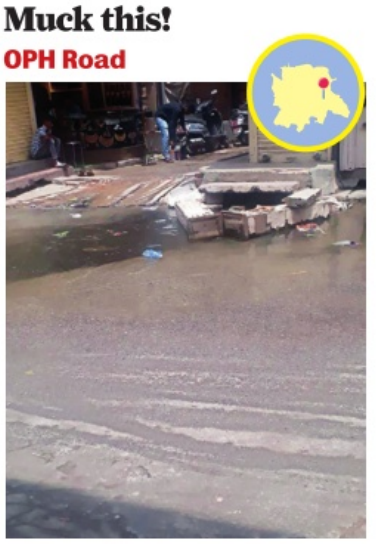
Victoria Road



Most streetlights on Victoria Road, Ward number 111, are on even when there is no need for it -- in the daytime. Please get somebody to ensure it is off.

Muck this!

OPH Road



Sewage is flowing at Jumma Masjid OPH Road (near Vardaman jewellers). This is not good for the shoppers or for the shopkeepers. Please fix the drain.

Utter garbage

TC Palya

Garbage is strewn all over opposite the Kithiganuur Lake, in TC Palya. This is close to a Shishu Mandir and burial ground and a temple. But nobody cares enough to clean the area.

It is not yet monsoon, but KRS is brimming alright

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The Krishna Raja Sagar (KRS) is a lifeline of Karnataka. Any drop in water storage level at this reservoir in Mandya district often creates ripples across the State and beyond borders. But, so far, it is good news on the water storage front this year.

For the first time in recent times, the reservoir storage level has breached the 100 feet mark. On Sunday morning, the water level stood at 100.02 feet as against the full reservoir level (FRL) of 124.8 feet. Last year, during the same time, the water level was just 88 feet.

A senior official from the Cauvery Neeravari Nigam said, "The KRS water level depletes faster during the summer. There have been many instances where the water level has hit the dead storage level even during the monsoon season due to poor rainfall. However, this year, due to good pre-monsoon showers, the inflows have increased." On Sunday, the inflows to the river were 1,171 cusecs with 1,011 cusecs of outflow to the river. Out of the maximum capacity of 49.452 TMC, the current water storage is 22.825 TMC. Last year, on May 15, 2021, the water storage was 14.779 TMC. Another official said, "During the last few years, the inflows to the reservoir have seen a change in pattern. Earlier, the KRS would get filled or get good inflows during the early days of monsoon. Usually, the monsoon starts in the catchment areas of Kodagu district by the first week of June and the KRS reaches the brim level by mid-July. However, in the last two years, the water storage during June and July was not up to the mark. Instead, it was the August and September rainfall which saw the maximum storage. Another reason for the good storage of KRS is that last year, the reservoir had maximum water for more than 100 days which was a record in itself."

An umberalla advisory: Better to be safe than drenched?

Rains for two more days

Bengaluru's cloudy weather continued on Sunday with occasional sunshine. The temperature rose to 29.5 degree Celsius while the night temperature was 20.9 degree Celsius. Maximum temperature at Kempegowda International Airport was 30.5 and HAL airport was 30 degree Celsius.

The Met department has predicted a few spells of rain or thundershowers for the next two days and the city's temperature may hover between 30 and 21 degrees Celsius. Meanwhile, many areas in the State have been receiving heavy rainfall. Chintamani in Chikkaballapur district received the highest of 3 cm, followed by Bhalki (Bidar district), Bengaluru, HAL Airport 2 cm each; Dharmasthala, Sulya (both Dakshina Kannada district), Sulepete (Kalaburagi district), Hunsur, Bilikere (both Mysuru district), Chamarajanagar, Hesaraghatta, GKVK (Bangalore), Hoskote and Nelamangala receiving one cm of rainfall.

Sound off

Restaurateurs, DJs worry loudspeaker rule may dampen the spirits of fun-loving city

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The recent prohibition of use of loudspeakers at public places has come as a blow on the cosmopolitan culture of the city, as the migrant population which has so far been inclusive of the night owls, say businessmen. These developments will affect the night-life and vibrant culture of the city, said people BM spoke to. Brand Bengaluru will take a hit if this sort of enforcements continue as the city is known for its pub culture, music loving crowds, said a few restaurateurs and DJs.

They are concerned about the recent regulation of sound pollution as businesses are yet to recover from the blow received during the pandemic. The state government had last Tuesday banned the use of loud speakers between 10 pm and 6 am amidst raging debate over the usage of loud speakers. A government issued notification that a loudspeaker or a public address system could be used only after obtaining a license from the authorities if used periodically and a written permission if used for a period of time.

Nightlife in the city has taken a hit with complaints from Resident Welfare Associations (RWAs) objecting to high-decibel sounds from pubs and resto-bars situated close to residential areas in the city - for example Indira Nagar and Koramangala. The Central Business District (CBD) area has the largest number of pubs and resto-bars, but since that is a commercial hub, there are not many complaints from anyone in the way of sound pollution, said Shailu alias Shailendar, a DJ.

> **"This decibel regulation would only make it worse for people in the industry. The police, now, have another reason to penalise owners of pubs and resto-bars**
> –A DJ

A lot of pubs and resto-bars, both in the CBD area and other parts of the city that have loud and live music on their rooftop and garden area - outdoors have shifted indoors soon after they opened up after the pandemic, Shailu added.

Sources from the pubs and resto-bar industry and live music scene told Bangalore Mirror that there is not much loud music that is played after 10 pm. "A Sunburn Concert would play its last track at 9.50 pm and call it a wrap," said a DJ who wished to remain anonymous. "When we played the other day for Christmas at a well-known restaurant, it was an outdoor event, so we had to wind up around 10.15 pm even though the crowd was requesting us to continue playing," the DJ added.

The police are keeping a vigil on all pubs and resto-bars in the city and checking the decibels of what is playing indoors. "Usually, the music played indoors would not travel out as the area would be sound-proof and outside the cops would get to measure only what is heard through the traffic chaos," he added.

A couple of pub and resto-bar owners alleged there are select pubs and clubs in the city that have 'special privileges' with blessings from the law enforcement agencies and politicians. "These pubs and resto-bars would be live with loud music on the terraces of multistory buildings on St Mark's Road and Residency Road and there are no complaints and no one questions them," said a restaurateur who wished to remain anonymous. "The scene of business at pubs has drastically changed during these pandemic times, several of them have closed down, and on top of this - with this clamping of decibel regulation would only make it worse for the people in the industry. The police, now, have another reason to penalise or extort from owners of pubs and resto-bars," he added.

Strict rule

However, city police commissioner Kamal Pant told this newspaper that loudspeakers cannot be used during nighttimes anywhere - even on rooftops, terraces or outdoors without permission. "The order is specific that loudspeakers during night defined as 10 pm to 6 am are not allowed. If one applies for a permission or a license, it is up to the licensing authority, in this case the sub-divisional Assistant Commissioner of Police (ACP), to inspect the instruments and ensure the noise level at the boundary of the public place where a loudspeaker or a public address system being used shall not exceed 10 dB(A) above the ambient noise standards or 75dB(A) whichever is lower," said Kamal Pant.

Electrocuted at bus stand

A man died of electrocution near the Hebbal bus stand on Saturday night. According to officials the incident occurred around 9.40 pm after the accidentally came in contact with the live electric wire. The wire is said to have been drawn illegally by a advertisement company to light up an panel at the bus stop. The Hebbal police have registered a case in this regard.

118 new covid cases in B'luru

Karnataka on Sunday reported 126 fresh covid-19 cases, taking the total infections to 39,49,675 so far, while there were zero fatalities, the Health Department said.

In its bulletin, the department said there were 1,891 active cases while 103 people were discharged.

The State on Sunday conducted 18,566 tests including 14,409 RT-PCR tests.

A majority of cases came from Bengaluru urban district which reported 118 infections on the day.

The city had 1,810 active cases. There were infections in six other districts, including two each in Hassan and Ballari.

The department said 24 districts reported zero infections and nil fatalities. The positivity rate for the day was 0.67 per cent.

As many as 6,604 inoculations were done in the State, taking the total vaccinated to 10.72 crore till date. —PTI

Citizens set up bird perches at lakes

CONTINUED FROM PAGE 1

waterbodies, as the wooden perches are vulnerable to theft or misuse by miscreants," he said.

Harichandra Prasad, a lake activist, said working weekends to install bird perches gave him immense pleasure. "I feel happy whenever I see birds on the wooden perch. I am very glad to be part of this team," said Prasad.

Nagaraj, a resident of Battarhalli, said he joined the volunteers after noticing their valuable contribution in preserving waterbodies and greenery. "I joined hands with Balaji Raghotham and Vishwanath Reddy to install three wooden perch stands at the Battarahalli Lake," said Nagaraj, who visits the waterbody for walks during mornings and evenings.

According to lake conservationist Raghavendra B Pachhapur, when a bird is sitting or resting on something, it is called perching. He said perching

is a basic necessity for birds and some use them for resting and some birds use it for drying their feathers and preening (feather maintenance).

Appreciating the volunteers for creating the perch stands at waterbodies, he said waders and shorebirds like pond herons, sandpipers, stilts and egrets are usually seen at the edges of lakes, perching on sticks, plants and grasses. "Their food is mainly found on the margins of water, wet soil or under half-a-foot water levels," he said.

He said larger birds like cormorants and kingfishers, that are mainly dependent on fish, need to spread their wings and dry them on a regular basis and need safe perches near or within waterbodies. "I am of the opinion that placing fallen branches of old trees will be ideal," he said.

Zilla panchayat elections plea: HC hearing on May 17

The Karnataka High Court will hear on May 17 a plea by the Karnataka State Election Commission about holding Zilla Panchayat and Taluk Panchayat elections. The State Election Commission (SEC) filed a memo on Thursday before the vacation bench of Justices B M Shyam Prasad and M G S Kamal in the backdrop of the Supreme Court verdict over holding the elections to these local bodies immediately. The Election Commission pleaded before the High Court that an emergency situation has risen due to the Supreme Court's order on Tuesday.

Senior counsel K N Phanindra, appearing for the Election Commission, submitted that the poll body's petition over holding the ZP-TP elections was pending before the High Court. So, a memo was filed for an early hearing of this matter. The SEC had prepared for the ZP-TP polls in Karnataka in April and May of 2021.

Delimitation exercise on constituencies were completed and the final list of voters was also published by the SEC. The reservation draft was also announced last year.

But before the SEC could announce the election schedule, the state government withdrew the powers of the SEC to redraw the constituencies and prepare the reservation list. The government created a new delimitation panel to conduct the exercise.

The Election Commission had challenged the formation of this panel in a writ petition before the High Court. This petition was pending for hearing.

Following the SEC's memo, the High Court has posted the hearing of this matter to May 17. **PTI**

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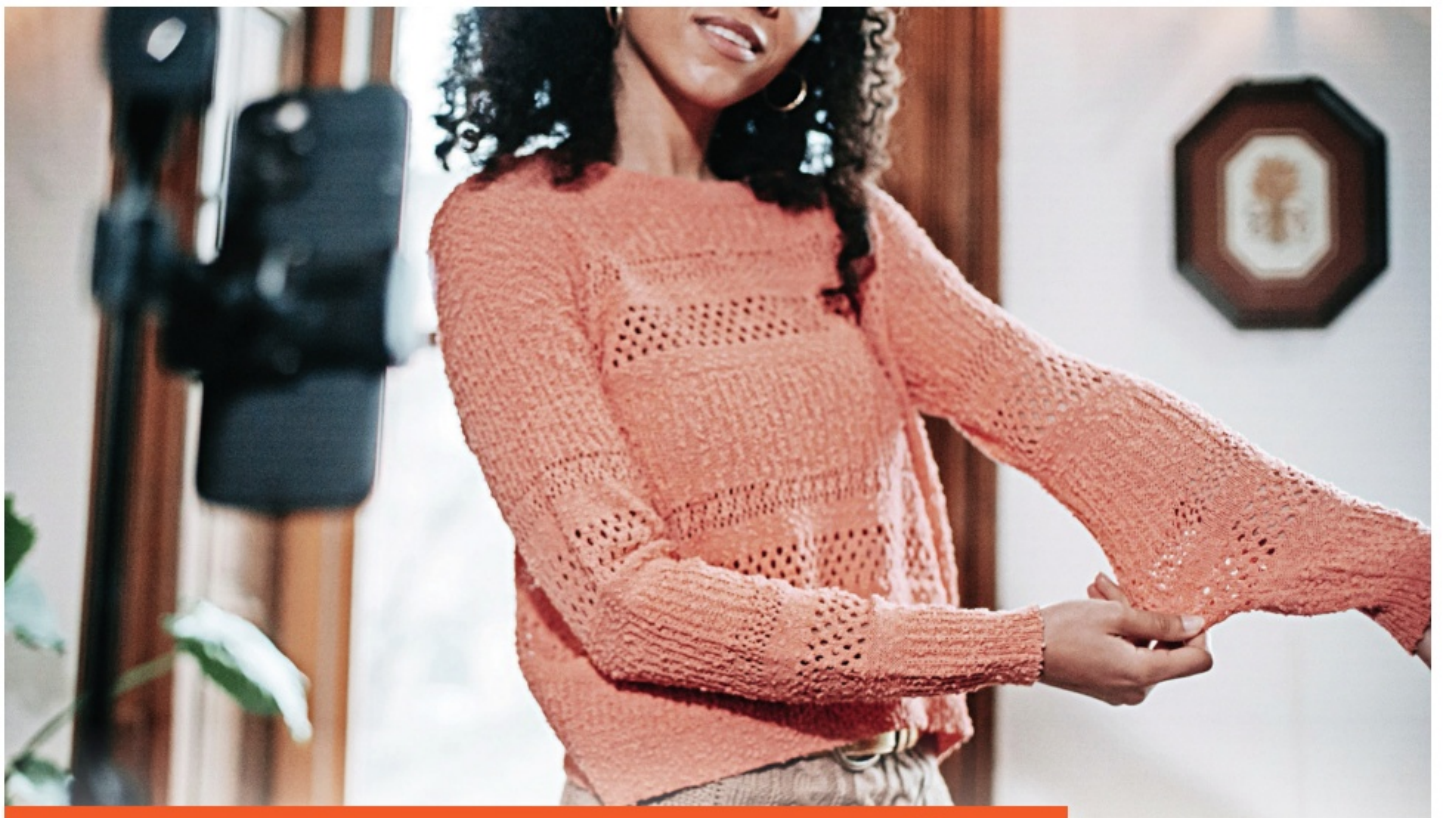


BAD INFLUENCE

The dark side of social media influencing

Do you follow influencers on social media? Do you always check their posts? Do you find you're spending too much time or becoming obsessed with checking influencers' accounts? And when you can't check in, do you feel disconnected or lost?

If you answered yes to all of these questions, you may have what's known as "problematic engagement" with social media influencers. But don't blame yourself too much. You are among the many who have been swept away by dazzling social media influencing. And this can be attributed to many features and tactics social media influencers employ that help keep them influential — like livestreams and polls on Instagram.

As experts in social media and user behaviour, we recently published a paper that looks at followers' problematic engagement with influencers on social media.

Our paper is among the first to study which aspects of social media influencing may lead to followers' problematic engagement.

It is important to examine this context considering the significant volume and revenues of social media influencing — it's a USD 13.8 billion industry.

The problem

In the age of social media, most people know of or follow some social media influencers. Social media influencers are users who have a significant number of followers with established credibility.

Whether you are a fashion fan or want information on health and fitness — there's an influencer to follow. And followers often gravitate towards them for their authenticity and content creation.

But less focus is put on the dark side of social media influencing. Influencers are motivated and often incentivised (through product and brand endorsement) to increase their power on social media and many are becoming more proficient in attracting and engaging followers.

Followers, on the other hand, can easily become attached and obsessed with influencers and their engagement can often become excessive and unhealthy.

The research

We recently examined the factors and mechanisms that lead to problematic engagement.

We focused on three influencer characteristics (physical attractiveness, social attractiveness and self-presence) and two follower participation attributes (participation comprehensiveness and following length) to explore their effects on the development of problematic engagement through the formation of follower attachments.

Based on attachment theory, we studied two types of attachments — parasocial relationship and sense of belonging, both of which are key in social media influencing.

Parasocial relationship is followers' perception of their one-sided relationship with an influencer and sense of belonging refers to the feeling of being an integral member of the influencer's community. We conducted an online survey of 500 Instagram users.The results showed that when followers develop attachments both to influencers (parasocial relationship) and their community (sense of belonging), this can lead to problematic engagement.

We found that influencers' social attractiveness has a stronger effect than other factors in building followers' attachments.

Following more influencers could reduce the impact of attachment to the community (sense of belonging) when it comes to problematic engagement, but not the effect of attachment to the influencer (parasocial relationship).

"When followers develop attachments both to influencers (parasocial relationship) and their community (sense of belonging), this can lead to problematic engagement

Implications

Our study warns of and explains problematic engagement to social media users. We argue that social media users who are attracted to influencers can become easily attached and engage excessively.

Users need to be aware of, watch out for and exert self-regulations to manage their interactions with influencers. For example, participation comprehensiveness — which refers to the reasons for following and extent of followers' participation (like watching, liking, commenting, sharing) — can lead to attachment development. This can be consciously managed by followers themselves.

One way of doing this is by making use of the phone's functions and tools like setting daily time limits on Instagram or turning off notifications for the app. Social media influencers should also be aware of followers' problematic engagement.

Though it may be in contrast with their goal of increasing engagement, they can focus on creating a healthy relationship with their followers.

This will help with sustainability of the relationship because studies have shown that social media users with problematic behaviour are more likely to stop using platforms after a while.

(By Samira Farivar, Carleton University, Fang Wang, Wilfrid Laurier University, The Conversation via PTI)

BITS & BYTES

GOOGLE TO PURGE OLD APPS

Tech giant Google is preparing to purge nearly 900,000 apps, which have been abandoned or not been updated, from the Play Store. According to Android Authority, the Google Play Store could see the number of available apps drop by nearly a third.

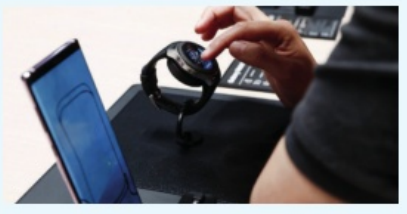
Google and Apple have both unveiled measures to deal with abandoned apps or apps that have not been updated in two years. In Google's case, that amounts to 869,000 apps, while Apple has some 650,000. Google is preparing to hide those apps, making it impossible for users to download them. **IANS**

MUSK ON TWITTER MANIPULATION

Tech billionaire Elon Musk on Sunday said that microblogging site Twitter's algorithm might be manipulating users and also suggested a solution for that. Musk, in a series of tweets, mentioned that it is important to fix the Twitter feed and shared how it can be done.

"You are being manipulated by the algorithm in ways you do not realise. Easy to switch back and forth to see the difference," Musk wrote on the microblogging site. To fix the Twitter feed, Musk mentioned users can tap the home button, then, tap stars on the upper right of the screen and select "Latest tweets". **IANS**

WATCH USING SAPPHIRE GLASS



In a bid to make it more premium, South Korean tech giant Samsung is may launch its upcoming smartwatch, Galaxy Watch 5 Pro, with sapphire glass and a titanium build. According to a reliable tipster, Samsung is set to deliver sapphire glass and a titanium build on the Galaxy Watch 5 Pro, reports 9To5Google. The report mentioned that Galaxy Watch 5 Pro will ship with both sapphire glass and a titanium build, at least in some capacity. A titanium build is not common for most smartwatches, but it would make for a premium build, the report said. **IANS**

It has always been about individual achievements but this was a team performance and I hope the popularity of the sport goes up from here on

— Indian men's badminton team coach Vimal Kumar

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Trophy hunters bring Thomas Cup

History was created with country's ruthless 3-0 upset of reigning champs Indonesia

Clockwise: Members of the Indian men's badminton team celebrate after defeating Indonesia; Satwiksairaj Rankireddy (left) and Chirag Shetty after their win; Kidambi Srikanth poses with the trophy

#BANGKOK

India made history by winning the Thomas Cup for the first time with a ruthless 3-0 upset of reigning champions Indonesia in Bangkok on Sunday.

India, competing in their debut final of the men's team championship, sealed the title when world number 11 Kidambi Srikanth defeated higher-ranked Jonatan Christie 21-15, 23-21. A devastated Indonesia, the tournament's most successful team having previously won it 14 times, could not keep pace with the fire brought by the Indian team -- who joyfully rushed the court following Srikanth's win.

India were already 2-0 up, with Lakshya Sen beating Anthony Ginting in the first singles match and then Satwiksairaj Rankireddy and Chirag Shetty defeating Mohammad Ahsan and Kevin Sukamuljo in the doubles.

It fell to Christie, an Asian Games gold medallist now in his fourth Thomas Cup campaign, to save Indonesia's flagging title hopes.

But the eighth-ranked Christie couldn't do it and seemed overcome with nerves at the onset of his do-or-die match against Srikanth.

The 29-year-old Srikanth took full advantage, bearing down relentlessly on Christie in the second game.

Srikanth praised his teammates for their performance individually and as a team, noting: "I think everyone really stepped up when it was required."

"A credit goes to the whole team, players, coaches, support team. I love them, they have been fantastic. It's one of the best teams that I have been part of," he said.

"Thomas Cup is something that India has never won and now to be part of a team that won the Thomas Cup and to contribute to the team's win just gives me a lot of happiness," he added.

Srikanth, who told reporters the team's WhatsApp group was called 'it's coming home', said while the team hadn't got any firm plans for celebrations that evening, "it's definitely going to be crazy". A dispirited Christie said it wasn't easy coming into his match 2-0 down in the tie, but that he had given his all.

"We already tried our best, I think, and we will try our best the next time," he said.

In the first match of the tie, world number five Ginting grabbed the first game in style over Sen, 21-8.

But he then wobbled, and with Sen growing in confidence, the Indian world number nine won the next two games 21-17, 21-16.

"I think this one is for the team, they have been backing me throughout my performances," the 20-year-old Sen said.

"In the closing stages I was really nervous and trying to calm myself with deep breaths."

Indian Prime Minister Narendra Modi led the praise back home and personally rang the team in the Thai capital to congratulate them. **-AFP**

This win is precious to us: Lakshya Sen's mother

#BENGALURU

There is an atmosphere of happiness and pride back at the residence of badminton player Lakshya Sen, who is the part of the Indian team that clinched its first-ever Thomas Cup trophy in Thailand on Sunday.

The happiness on the face of Nirmala, the mother of Lakshya Sen, was visible during her conversation with ANI. She termed the win as 'precious'.

"This win is very precious for us. We are feeling so happy and proud. We congratulate the entire Indian team. We were watching the match. We will celebrate the win with Lakshya via video conference and cut the cake," Nirmala told ANI.

The player's brother, Chirag was also extremely happy with the Lakshya and Team India's performance in the finals.

"Very happy that we won the first match. It was crucial. We hoped that India would have great doubles matches. Chirag (Chirag Shetty) and Sattwik (Satwiksairaj Rankireddy) played really well. The way Srikanth (Kidambi Srikanth) finished the match was amazing," said Chirag. Indian badminton team created history on Sunday as they lifted the Thomas Cup trophy for the very first time.

In what was India's first-ever appearance in the tournament finale, they defeated the record 14-time champions Indonesia in the Thomas Cup 2022 final at the Impact Arena in Bangkok, Thailand by 3-0 to lift the coveted trophy.

No Indian team has previously reached the final of the Thomas and Uber Cup in its 70-plus year history. Indian men reached the Thomas Cup semi-finals in 1952, 1955 and 1979 while the women's team made it to the Uber Cup top-four in 2014 and 2016.

Lakshya Sen hits a return against Indonesia's Anthony Sinsuka Ginting

Starting the tie, Lakshya Sen clinched the first point for India after defeating Anthony Ginting 8-21, 21-17, 21-16.

Ginting looked fast, accurate and extremely dangerous in the opening stage, enjoying a twelve-point run, to claim the opening game 21-8 in just 17 minutes. But Lakshya Sen responded brilliantly in the second game to take the match to the decider, by winning it 21-17.Sen completed the comeback by winning the match 8-21, 21-17, 21-16. In the second match of the tie, the Indonesian scratch pairing of Mohammad Ahsan and Kevin Sanjaya Sukamuljo got off to the right start after winning their opening match 21-18.Satwiksairaj Rankireddy and Chirag Shetty then survived four match points to come back and snatch the win in the second game, 23-21. Indians won the deciding game to clinch the match 18-21, 23-21, 21-19.

In the third match of the tie, India's Kidambi Srikanth took the opening game against Indonesia's Jonatan Christie 21-15 and clinched the match and final by winning the second game 23-21. **-ANI**

Cricketing world in shock over Symonds' death

The cricketing world has reacted in shock at the death of charismatic former Australian all-rounder Andrew Symonds, who was the sole passenger in the car crash just outside of Townsville in his home state of Queensland.

A host of former Australian team-mates and international cricketers took to social media to share their sympathies surrounding the loss of the 46-year-old Symonds.

Former Australian wicketkeeper Adam Gilchrist and fast bowler Jason Gillespie -- who both played alongside Symonds at the 2003 World Cup -- expressed their shock at the news.

"Think of your most loyal, fun, loving friend who would do anything for you. That's Roy. (Broken heart symbol). This really hurts. #roy #rip," wrote Gilchrist.

Former Australian fast bowler Gillespie said he was devastated by the news.

"Horrendous news to wake up to. Utterly devastated. We are all gonna miss you mate. #RIPRoy," tweeted Gillespie.

Another Australian pace bowler, Damien Fleming tweeted, "This is so devastating. Roy was so much fun to be around. Our thoughts are with Symonds family. #RIPRoy." In Symonds' death one is reminded of the tribute paid by the late Australian legend Richie Benaud when he was mesmerised at the site of watching a run out affected by the all-rounder in 2001. "Twisting and turning and diving, and then swivelling without actually getting up on to his feet, and he still hit the stumps and ran the batsman out," Benaud had said.

Former South African cricketer Jonty Rhodes, who the cricketing world considers as the greatest fielder of all time, had paid the best tribute to Symonds' fielding skills in 2006, saying that the Australian was "10 times" better, according to cricket.com.au.

"Where he's better than me is that he's a true all-round fieldsman," Rhodes had said in 2006. "For a big guy, he moves well close to the wicket, getting down to the ground, diving, cutting off balls if he's in the ring. He's quick and can cut off boundaries. But the extra dimension is his strength. From the middle of the innings, he can be out on the fence saving twos because he has such a strong arm."

Paying its tribute to Symonds, Cricket Australia (CA) wrote on its website, "Vale Andrew Symonds. We are shocked and saddened by the loss of the loveable Queenslander, who has tragically passed away at the age of 46." Cricketers, both present and former, from the sub-continent too woke up in shock on hearing the news of Symonds' death.

"Devastated to hear about Andrew Symonds passing away in a car crash in Australia. We shared a great relationship on and off the field. Thoughts and prayers with the family. #AndrewSymonds," tweeted former Pakistan pace bowler Shoaib Akhtar.

Former India batter VVS Laxman wrote, "Shocking news to wake up to here in India. Rest in peace my dear friend. Such tragic news." **IANS**

HEALTH TIP: Chickpeas have calcium, magnesium, fiber, and other nutrients for strong bones

Coconut contains phenolic compounds, which are antioxidants that can help protect cells from oxidative damage

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Don't worry, be happy

What is binge thinking and how to stop doing it

We all know life can be stressful - throw in rising prices and global conflict and it's easy to feel like you're drowning in negative thoughts and anxiety.

In fact, three out of four women worry too much, according to research from Yale University.

The study found that 73 per cent of women have experienced "binge thinking", meaning they've felt overwhelmed by their thoughts - so much so it affected their wellbeing.

Nevsah Fidan Karamehmet, founder of breathhub.app, says: "Whenever you find yourself unable to control your thoughts, or stop your mind, that's binge thinking."

Dr David Crepaz-Keay, from the Mental Health Foundation, adds: "Binge thinking is that feeling of being stuck in a loop of worry or anxiety, and it can leave us tense, struggling to concentrate". It can affect sleep.

"It's important to find the right balance between ignoring potential problems and feeling overwhelmed. Life will always be full of risks, so we need to learn how to live with this fact and find what helps us personally."

Here's how you can break free from the worry loop.

Re-write your story: "Listen to your positive voice, not the negative one," suggests hypnotherapist Anne Jirsch, author of Future Vision. "One simple technique is to close your eyes and visualise a red dial.

"Imagine turning the dial to the left, and as you do so, be aware that any negative thoughts are becoming fainter until they are silent. Then, think of something that brings you joy."

Use this visualisation to reset your thoughts any time you feel overwhelmed or anxious.

Attitude of gratitude: "Before going to sleep, write down one thing you're grateful for now," says Lois Blyth, author of the book Be Happy. Then repeat the process in the morning.

"After a month, you will have a gratitude list of more than 50 things. Read this list at night or whenever you need to anchor yourself in the present. This can help you to move on from the past."

Breathe easy: "How we breathe directly influences how we feel, which is why mindful breathing is a potent tool for reducing stress and calming the mind," says Nevsah.

One easy method is equal breathing. Breathe in for a count of four to six, and out for a count of four to six. Try breathing this way for one minute to feel the full benefits.

Clear your head Seven in 10 adults say that being close to nature improves their mood, says the Mental Health Foundation.

Spend time in green spaces, such as woodland, or blue spaces such as the beach or a river. If it feels daunting getting outside, go with a friend or pick somewhere familiar to you.

Reality check: "Most of our anxieties never happen in reality," says Kristine Pidkameny, author of Change the Story. "It can be helpful to separate the story you're telling yourself from what's actually happening."

Have all of your previous worries actually happened? What worries can you let go of today?

Write it down: Spiritual coach Maria Antoniou says: "Writing down worries can help get them out of your head, making it easier to let anxiety go.

"This little ritual can be done at any time although a full moon, a time for releasing, is ideal."

1 Write your worries on a piece of paper, or some loo roll.

2 Say to yourself, "I release this worry. I let it go."

3 Rip the paper into tiny bits and put it in the bin, burn it on a fire or flush the loo roll away.

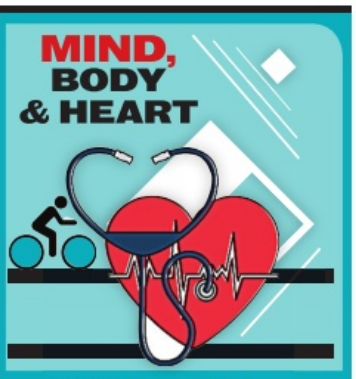
4 Take a few deep breaths and come back to the present.

Feed your brain Research shows there's a link between what we eat and our mood. "Eating well can help you feel better," says Dr Crepaz-Keay.

"Try eating healthy fats, which help keep your brain working well. Healthy fats are found in olive oil, nuts, seeds, oily fish, avocados, milk and eggs."

The golden question: If you're worried about something now, ask yourself, will it matter in six months? Can you remember what you were worrying about six months ago? Did it happen? The answer is probably no.

-Daily Mirror



All problems solved

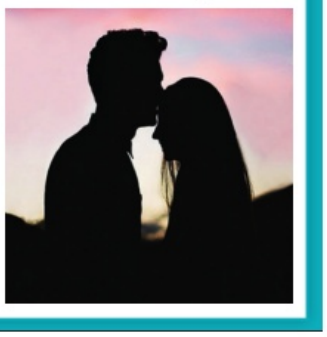
Dear Coleen

My husband hasn't been interested in having sex since our son was born six months ago.
In fact, he actively avoids any opportunity to make love. I've been at the point for a while now where I want to have sex again, so it's frustrating.
We have become intimate a couple of times, but it's felt awkward and forced, and we've ended up going to sleep.
The birth was quite long and difficult, so I don't know if this has had an impact, plus it's our first child.
I have tried to talk to him, but we never really get anywhere and he just says the same thing - that he's tired, it's not a big deal and so on.

COLEEN SAYS

Firstly, don't panic - this is more normal than you might think. A
fter having my first child, my husband went off sex for a long time after watching the birth - he just couldn't get it out of his mind.
I think it affected the way he saw me and my body.
I've watched someone giving birth and it felt more traumatic than giving birth myself!
Your husband might also be worried he'll hurt you, especially if it was a difficult birth. Ask him to be honest about how he feels. In my case, it gradually righted itself, so I think you have to be patient.
Also, rather than focusing on penetrative sex, focus on rebuilding intimacy and enjoy being close so you can gradually start to reconnect.

—Coleen Nolan,
Daily Mirror



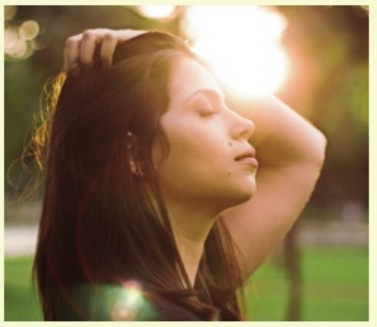
MIRRORLIGHTS

For your eyes only: How to shield from UV Rays

If you believe that applying sunscreen will protect your skin from the harsh rays of the sun this summer, think again. Your eyes, too, require attention. UV rays are not only harmful to the skin, but they can also harm the eyes.

"UV exposure has been linked to the development of macular degeneration, cataracts, and other vision-loss problems," says Dr Danish Iqbal, Senior Consultant, Sharp Sight Eye Hospitals.

If you have an existing eye condition, such as macular degeneration or cataracts, he recommends that you protect your eyes from the sun as much as possible during the summer. Dr. Danish shares some simple tips that will protect your eyes in summer.



Wear sunglasses: Use 100 per cent Ultraviolet (UV) protection sunglasses. The harsh UV rays can damage your eye lens, cornea and even retina. So when you head out, make sure you put on your shades.

Splash clean water in the eyes: Your eyes are stressed throughout the day due to severe heat and exposure to the sun. Rinse your eye by splashing cold water on them periodically and drinking a lot of water. This will keep your eyes from becoming dry or puffy.

Do eye exercises: Eye exercises help us to reduce tiredness and improve the eye muscles. Exercising your eyes daily also improves your eyesight.

Use cucumber slices: If you are suffering from red eyes in summer, apply slices of cucumber on your eyelids for 10 minutes before you sleep. Cucumber also helps remove tan from under the eyes.

Nourish it with eye drops: It's always better to use some kind of eye drops to minimize pain or manage other eye problems. You should also consult a ophthalmologist before choosing your eye drops.

Increase intake of green leafy vegetables: Green leafy vegetables are rich in both lutein and zeaxanthin and are also a good source of eye-friendly vitamin C. Well-known leafy greens include spinach, kale, collards etc.

Sleep well: Your eyes heal themselves as you sleep. **–IANS**

Chai-Time

SOLVE IT IN A MINUTE

List all possible 3-digit integers in which the tens-digit is two times the units-digit and the hundreds-digit is three times the tens-digit.

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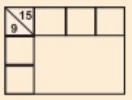
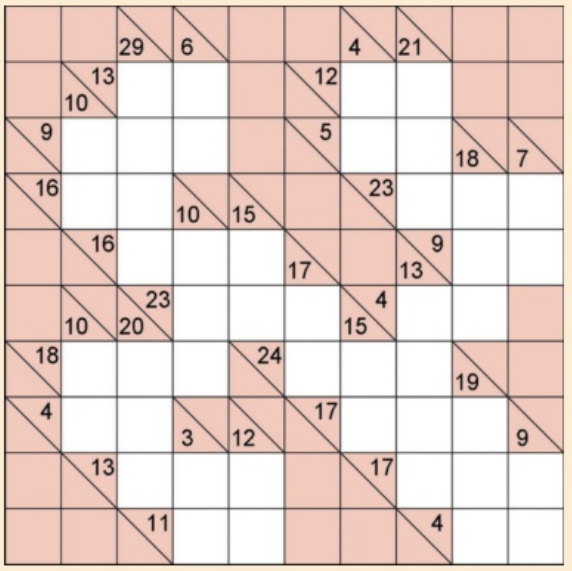
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

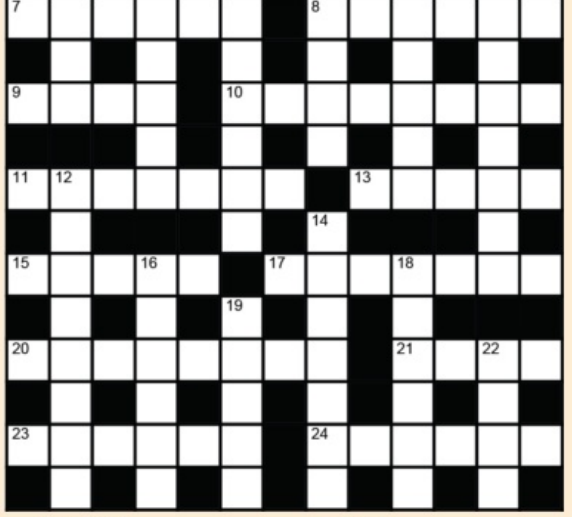


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Not automatic (6)
8 German songs (6)
9 Continental coin (4)
10 Qualified, suitable or fitting (8)
11 Viewpoints or appearances (7)
13 Cautions or apprises (5)
15 Clever sayings or epigrams (5)
17 Latin American dance (7)
20 Distinctiveness, individuality or personality (8)
21 Weeps or cries (4)
23 Not tref (6)
24 Rarely (6)

DOWN

1 Hindu wind God (4)
2 The Continent? (6)
3 Canadian province (7)
4 Clear; unadorned (5)
5 Italy's football league (5,1)
6 Turned down (8)
12 Naval unit (8)
14 West Indian song (7)
16 Pork curry (6)
18 Dark igneous rock (6)
19 Head ornament (5)
22 A benefit and a blessing (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS W

PKDO PD WYA NTB WRCVHD, PD WBD LYLWEEX ETTAVOZ NTB WO WHHTJMEVHD.

Linemaro

Are you going to ask me out or do I have to lie to all my friends?

Mindchow

Money won is twice as sweet as money earned

Joke of the day

Hair dryer instruction: Do not use while sleeping

Loop

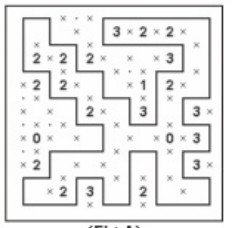
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

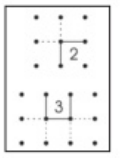
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

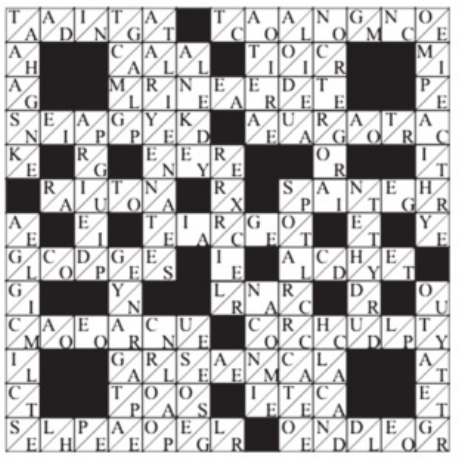


(Fig A)



(Fig B) Not Allowed

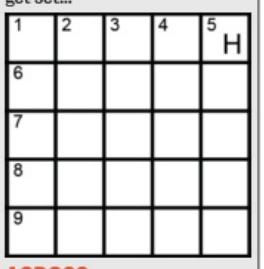
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

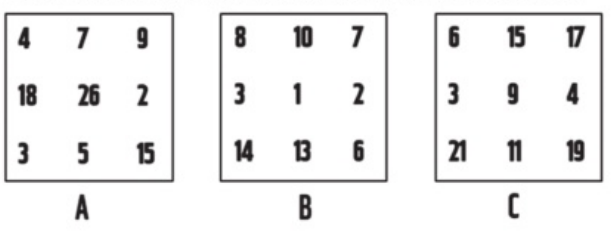
1 C chou; 6 Nu Ale;
7 Is bed; 8 Civet;
9 Beams

DOWN

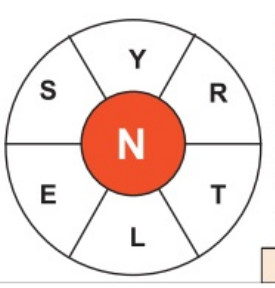
1 Be cub; 2 Voile;
3 Mud in; 4 Ace A/C;
5 Seth's

Mensapuzzle

Add the sum of the odd numbers in square A to that of the even numbers in square B and subtract the sum of the prime numbers in square C.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

SudokuChallenge

	3			1			4	
		5	3		6	7		
6			8	9	5			1
7	6						5	4
4	9						6	3
3			9	8	2			7
		4	7		1	3		
	7			6			8	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 12

3 8 8 9

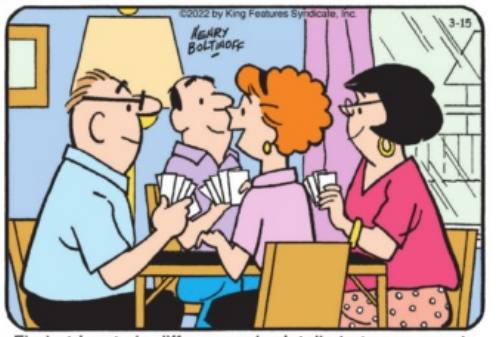
Medium = 24

2 2 2 8

Hard = 18

4 7 9 5

Hocusfocus



Find at least six differences in details between panels.

Differences: 1. Chair is moved. 2. Glasses are missing. 3. Bracelet is moved. 4. Hair is different. 5. Finger is moved. 6. Fence board is missing.

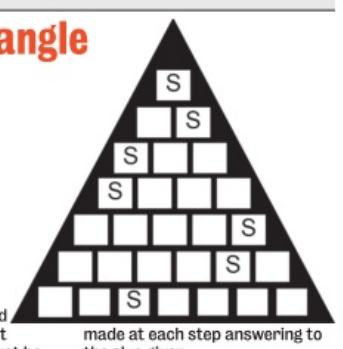
Riddler

When you curtail a word, you remove the last letter and still have a valid word. You will be given clues for the two words, longer word first.

1. Remove from the surface; glide on a surface –> Narrow runner for gliding on snow
2. Line formed by sewing two pieces together –> Large body of salt water
3. Sew the edge of a cloth –> Male person
4. Agriculture site –> At a great distance

Alpha triangle

1 Sulphur symbol
2 Less more
3 Take a chair
4 Befit
5 Recurring beat
6 Picasso, for one
7 Cookie



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you perform well in your job; your colleagues may cooperate with you. Your performance at the job may be good and you may be able to complete projects that were postponed on time. You may lend money for investment purposes. Job seekers may get new jobs. Positive news likely for those affected by old health issues.

Taurus Apr 21 – May 20
Today, the situation is ok. People around you may be responsive to you, but you are advised to avoid thinking of life as a burden. You will have to make an effort to keep your spirits high in some tricky situations. You may face some difficulties and not have gains. Somehow blessings from your elders may help you come out of this situation. Your confusions in choosing a goal may be sorted out.

Gemini May 21 – Jun 21
Today, tasks remain incomplete; you may become a victim of mood swings. Your patience may be tested many times. Silly errors will throw you off track and make it tough to finish work. Love birds find themselves to be confused in terms of their emotions. Expectations from the spouse may cause problems in the relationship. You are advised to keep a check on your parents. Students may lose their focus today.

Cancer Jun 22 – July 23
It is a happy day today. You will be able to maintain a balance between your earning and expenditure which will boost your finances. Your network will help you implement your plans. Your siblings and subordinate staffers will be more helpful today. You may plan to visit an elderly relative or a religious place.

Leo Jul 24 – Aug 23
Today, your energy level will be high. So it will make you happy and optimistic in your quest to fulfil your desires with the help of hard work. You will plan to go out with friends and family to share your happiness. Students will hear good news in terms of their studies.

Virgo Aug 24 – Sep 23
Today until late afternoon the day is not good. You may feel unhappy and become nervous, but from noon onwards, you will be happier. Internal vitality will boost your self-confidence; you should avoid carelessness while making decisions in terms of finance, profession and studies. Sometimes, you may face self-respect issues with your spouse. You need to be patient to prevent happy moments from turning into bad ones. Love birds will plan short trips.

Libra Sep 24 – Oct 22
Today your tendency to overspend will affect your savings. You should be careful while expressing yourself at work and on the domestic front also. You should avoid lending money .You should postpone any important decisions in real estate and other assets-related matters. You should try to avoid shirking from your responsibilities.

Scorpio Oct 23 – Nov 22
Today, you may experience peace of mind. You may plan to invest some capital in the business, which may increase liquidity in the business. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles are likely to find suitable matches. Love birds may make a decision to get married. Students will be blessed by their good karma.

Sagittarius Nov 23 – Dec 22
Today you may be very happy as your losses may be converted into profits. Your seniors may be happy and appreciate your work. You are likely to see some changes in your position or responsibilities at work, in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds may take important decisions in terms of marriage with the help of relatives or friends.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon, which may make you happy. Last week's crunch situation is now over. With the help of blessings, your hard work will be appreciated. With the help of your subordinates, you may be able to initiate work that was put off. There are some gains in your business which may boost your finances.

Aquarius Jan 21 – Feb 19
Today you may feel dull. You may experience some health issues. You are advised to postpone making investments into business. It is also advised that you not start a new venture today. You are likely to face losses in the business. Your gains are likely to convert into losses.

Pisces Feb 20 – Mar 20
Today you may get some business orders which may be profitable in the near future. You may implement some new ideas at work. New partnerships may come into the foreground. You may be busy at work, which may make you mentally tired. It will also affect your domestic life.

KIDZONE

Shreya M, 10 Years, Sri Vani Public School

Riya A, 10 Years, Presidency School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
[6x][2x][x]
x can only be 1
because x>1 means
6x>10
Therefore there is
only one answer and
it is 621.

QUOTE UNCODE
When we ask for
advice, we are
usually looking for
an accomplice.

C	O	U	C	H		
U	L	N	A	E		
B	I	D	E	S		
E	V	I	C	T		
B	E	M	A	S		

FAST FIVE

BULL'S EYE
entry, lent, nest,
rent, sent, sentry,
stern, STERNLY

STRIKE OUT

S	L	E	E	P	E	R	■	O	D	D	E	R	■	■
T	■	T	A	S	■	E	T	A	■	E	■	■	■	■
I	■	A	R	S	E	N	A	L	■	T	■	■	■	■
C	O	E	R	C	E	■	O	C	C	U	L	T	■	■
I	■	Y	■	L	A	C	■	R	■	U	■	■	■	■
L	O	D	G	E	■	E	A	C	H	E	■	■	■	■
E	■	E	T	A	C	E	T	■	E	Y	■	■	■	■
R	I	T	A	■	X	■	S	I	N	G	H	■	■	■
K	R	■	N	Y	E	■	O	■	T	■	■	■	■	■
N	I	P	E	D	■	A	U	R	O	R	A	■	■	■
A	■	M	I	N	A	R	E	T	■	P	■	■	■	■
H	■	A	L	A	■	T	I	C	■	M	■	■	■	■
A	L	G	A	■	C	O	L	O	G	N	E	■	■	■

QUICK

■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE
29. The odd numbers in A total 38; the even numbers in B total 40. From this combined total of 79 is subtracted 50 – the total of the prime numbers in C.

RIDDLER
1. Skim -> Ski,
2. Seam -> Sea,
3. Hem -> He,
4. Farm -> Far

SUDOKU

8	3	9	2	1	7	6	4	5
1	2	5	3	4	6	7	9	8
6	4	7	8	9	5	2	3	1
7	6	3	1	2	9	8	5	4
5	1	8	6	3	4	9	7	2
4	9	2	5	7	8	1	6	3
3	5	6	9	8	2	4	1	7
9	8	4	7	5	1	3	2	6
2	7	1	4	6	3	5	8	9

ALPHA TRIANGLE
S, Is, Sit, Suit,
Icts, Cubist,
Biscuit.

GO FIGURE
Easy
9 + 8 – 8 + 3 = 12
Medium
8 + 2 + 2 x 2 = 24
Hard
9 – 4 x 5 – 7 = 18

LOOP

KAKURO

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Fit as a fiddle

Samantha Ruth Prabhu sets intense work-out goals

Actor Samantha Ruth Prabhu's fitness journey has always left us inspired. The 'Oh! Baby' actor makes sure to eat right and stay fit all the time. On Sunday, Samantha has managed to drag herself to the gym and taken her time out for a workout.

The actor took to Instagram and shared a video of herself involved in an intense workout session. She wrote, "A family that works out together stays together.. (even if it wasn't by choice). Meanwhile, on the work front, Sam is gearing up for an upcoming film with actor Vijay Deverakonda titled 'VD 11'. Apart fromt his, she has also wrapped up the shoots of Gunasekhar's mythological drama 'Shaakuntalam' and sci-fi thriller 'Yashoda'. —ETimes

Bengaluru filmmakers at Cannes

After more than 120 housefull original theatre shows under the banner Underdog Entertainment performed across South India, writer/director/actor Shruthi Raju along with her partner/brother Chaitanya Varad from Brahman Naman fame, the first film to be sold to Netflix in India, will preview their short film What's up with Indian Men" in English/Telugu at Cannes on May 25.

What's up with Indian Men in their signature style is a confluence of traditional yet modern aesthetic and a whimsical collision of genres — Comedy, family drama and social satire. The film converses with social issues against a fun backdrop, with VOs, slam poetry with pop art graphics and original humorous groovy music.

"It's a personal yet universal story- like Indian men, slightly irreverent, mostly in your face but always funny and all too familiar. At the heart, it is Indian and yet relatable to women across cultures at the cusp of realising their dreams and the reality of expectations. It reflects changing traditions of different generations and genres of an India in transition with all its trials and tribulations and celebration of her irrepressible spirit," says Shruthi Raju.

Starring veteran actor Prof Laxmi Chandrashekhar, actor Madhuri Braganza, theatre actors Prakash Padnekar, Rakesh T, Shruthi Raju and debutantes Deepti Aradhya and Vignesh Reddy. This one-of-its-kind experimental film promises to be an Indian potboiler for an International audience.

Nice bracelet

Actress Pooja Hegde has commenced the shoot for superstar Salman Khan's 'Kabhi Eid Kabhi Diwali' in Vile Parle, Mumbai.

She announced the commencement of the shoot with a picture of her sporting Khan's signature turquoise bracelet on social media. She started shooting for the film right before leaving for the Cannes Film Festival. There are two foreign schedules on the cards for 'Kabhi Eid Kabhi Diwali', which will be finalised in the coming weeks.

Pooja will also be seen in 'Cirkus' opposite Ranveer Singh and 'SSMB28' opposite Mahesh Babu.

Actor on board

Meanwhile, actor Raghav Juyal has joined the cast Kabhi Eid Kabhi Diwali. The host, dancer and actor Raghav has been credited with his dancing and hosting skills along with his various films and roles.

He reveals: "I'm playing a pivotal role along with Pooja Hegde, Aayush Sharma and Zaheer Iqbal which is directed by Farhad Samji."

"It will be something different from what I have done before and looking forward to it," adds Raghav.

–IANS

That's chic

10 times Rashmika Mandanna stole hearts with her uber-chic looks

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Looking for the connect

Kangana Ranaut is currently promoting her upcoming action flick 'Dhaakad'. In a recent interaction, she was asked to share her thoughts on why South movies and their remakes are doing good at the box office but Hindi movies are failing to pull the audience.

The actor said that South filmmakers have a 'connect' with their audience and it is very strong. She further added that in Bollywood star kids go to foreign to pursue studies and then they talk in English, and watch Hollywood movies only. She went on to say that the star kids eat with knives and forks and have a different accent. Kangana then questioned how will the star kids will connect with the masses if this is the case.

The 'Queen' actor also stated their look has changed and hence the audience cannot relate to them. —ETimes

Kudos, Pooja

Actor-turned-filmmaker Pooja Bhatt has reacted after PETA India honoured her with an award for being the first Indian director to 'pledge never to use animals in films'. She took to Twitter and shared pictures of the letter sent by PETA India. Pooja wrote along with the pictures, "Thank you for the honour @PetaIndia Delighted to be leading from the front on this one & pledging to never use animals in any films or content I create. Will rely on computer graphics if a film/show of mine ever has an animal written into it. Urge more filmmakers to join in."

Soon after she shared the post, her fans were seen congratulating her. –IANS